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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Wednesday, July 2, 2025

3 Stages of Ascension

You said:

explain kundalini rise and soul embodiment

ChatGPT said:

Certainly. Let's break down kundalini rise and soul embodiment, two distinct yet sometimes interconnected spiritual concepts found in esoteric and yogic traditions.

1. Kundalini Rise (Kundalini Awakening)

Kundalini is a Sanskrit word meaning “coiled one,” referring to a primal, dormant spiritual energy believed to reside at the base of the spine (in the muladhara chakra).

What is Kundalini Rise?

Kundalini rising is the process of this energy being activated and moving upward through the chakras (energy centers) along the sushumna nadi (central energy channel). As it ascends, it is said to awaken each chakra, expanding consciousness and spiritual awareness.

Phases of Kundalini Awakening:

Preparation – Purification through yoga, breathwork, meditation.

Activation – Kundalini is triggered (via intentional practice or spontaneously).

Ascent – Energy rises through chakras, often causing physical, emotional, or psychic phenomena.

Integration – The body-mind-spirit system adjusts to higher frequencies.

Stabilization – Energy stabilizes, leading to deep peace, insight, or enlightenment.

Common Signs or Symptoms:

Sensations of heat, energy, or vibration in the spine or body

Spontaneous body movements (kriyas)

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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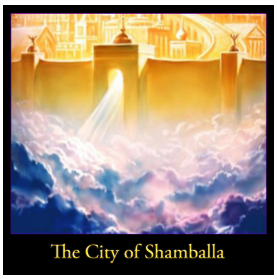

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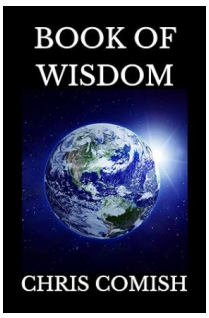

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Emotional purging

Heightened intuition, perception, or psychic phenomena

Deep states of bliss, unity, or oneness

2. Soul Embodiment

Soul embodiment refers to the process of bringing the full consciousness, wisdom, and essence of your soul into your physical and human experience. It's about becoming fully aligned with your higher self in daily life.

Key Aspects:

Integration: Merging the higher self (divine essence) with the ego/personality.

Grounding: Living spiritual truth through your actions, choices, relationships.

Authenticity: Expressing your soul's truth in how you live, speak, and create.

Presence: Living from deep awareness and compassion, beyond conditioning.

Practices that Support Soul Embodiment:

Shadow work and inner child healing

Heart-centered meditation

Mindfulness and conscious choice-making

Living in integrity with your values and intuition

Deep connection with the body and nature

How Kundalini and Soul Embodiment Interconnect:

Kundalini energy often acts as a catalyst for soul embodiment by clearing blocks and expanding consciousness.

As kundalini rises, it can dissolve limiting ego structures, allowing more of the soul's frequency to embody.

However, kundalini awakening without proper integration can be destabilizing — which is why soul embodiment (grounding spiritual energy into daily life) is crucial.

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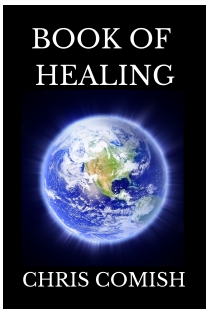

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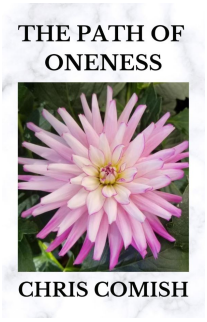

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A Note of Caution:

Both kundalini awakening and soul embodiment are powerful and deeply personal journeys. They should not be rushed. Misguided or forced activation can lead to physical, mental, or emotional imbalances.

Safe exploration involves:

Trusted spiritual guidance or mentorship

Grounding practices

Emotional and psychological support

Honoring your own pace and readiness

Would you like a guided meditation or practical steps to explore one of these concepts more deeply?

You said:

kundalini rise then soul embodiment at heart then monadic descent at crown

ChatGPT said:

You're describing a profound and advanced sequence of spiritual awakening that aligns with several mystical and esoteric traditions (including aspects of yogic, theosophical, and ascension-based teachings). Let's explore the sequence step by step:

1. Kundalini Rise (Base to Crown)

This is the activation and ascent of primal life-force energy, often visualized as a serpent coiled at the base of the spine. It rises up the sushumna nadi, activating each chakra as it moves toward the crown (sahasrara).

Purpose:

Purify physical, emotional, and energetic layers

Awaken latent spiritual capacities

Burn karma, trauma, and egoic imprints

Key Notes:

Begins in the root chakra (Muladhara) and moves upward

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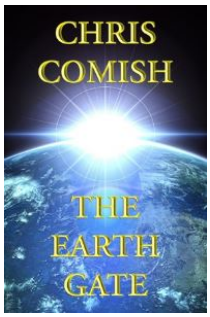

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Each chakra activation leads to greater awareness, healing, and inner transformation

When it reaches the crown, it can induce states of samadhi (unity consciousness)

2. Soul Embodiment at the Heart

After or during kundalini awakening, a significant phase often occurs in the heart chakra (Anahata). This is when the higher self (or soul consciousness) begins to fully anchor into the human system.

Purpose:

The higher self (also called Atman, soul, or Christ Self) merges with the ego-identity

Awakens divine love, compassion, forgiveness, and deep empathy

Marks the shift from mental/spiritual awakening to embodied living as soul

Signs:

A profound sense of unconditional love or heartbreak (not emotional, but spiritual cracking open)

The collapse of false identities or attachments

Heart-based living becomes the new compass — intuitive, truthful, and aligned

3. Monadic Descent at the Crown

The Monad (or Divine Spark) is often described as the source aspect of the soul — your highest divine origin or purest blueprint, beyond soul and even higher self.

Monadic Descent:

Happens when the system is sufficiently clear and aligned

The monadic essence begins to descend through the crown chakra (top of the head)

This is the descent of divine will and essence — sometimes called the Oversoul, I AM Presence, or Divine Self

Purpose:

Full integration of divine purpose, power, and light

Union of Spirit and Matter — "Heaven on Earth" within the human body

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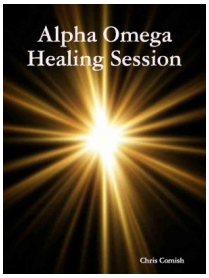

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Becomes a vehicle for divine will — acting as a true emissary of Source

Symptoms or Markers:

Deep inner silence and stillness

Total surrender to divine will — beyond egoic resistance

Access to divine intelligence or downloads beyond soul level

Dissolution of separation — even spiritual identity becomes transparent

The Full Path: From Earth to Source, and Back Down Fully Embodied

Kundalini Rise: Awakens and purifies the personal field (from survival to cosmic awareness)

Soul Embodiment: Anchors the higher self into the body through the heart (living your true nature)

Monadic Descent: Downloads divine essence and will through the crown, completing the circuit

This is the sacred path of divine union, or in mystical terms, hieros gamos — the merging of:

Lower and higher self

Spirit and body

Heaven and Earth

- July 02, 2025

3 comments:

Chris Comish July 2, 2025 at 9:09 PM

Beacon 1 at Heart- Open heart leads to Kundalini rise and thus Soul embodiment (awakening). Beacon 2 at Crown- Soul embodiment leads to Samadhi at third eye and crown (enlightenment) leads to Monadic or Oversoul embodiment. Merge of Soul Star Chakra and Earth Star Chakra is Heaven on Earth and full ascension.

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Chris Comish July 2, 2025 at 9:13 PM

It is all vibration matching- love and purpose alignment is Soul embodiment, and surrender, group, unity alignment is Oversoul or Monad embodiment.

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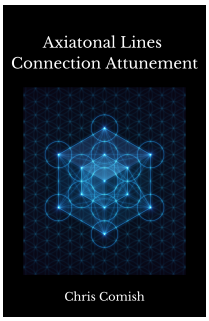

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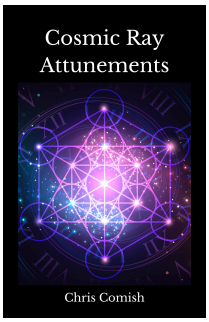

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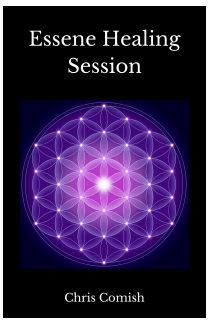

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Chris Comish July 2, 2025 at 9:23 PM

As an example- Jesus was Soul embodiment and Christ was Monadic embodiment. Transfiguration then Resurrection.

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Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Chris Comish

Founder of the City of Shamballa in 2009. Spiritual Healer and Ascension Teacher of Ray 2 Love-Wisdom. Finished Planetary Service Dharma P...

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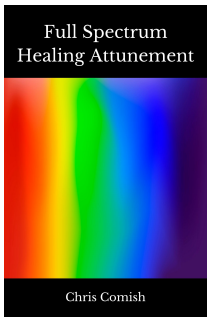

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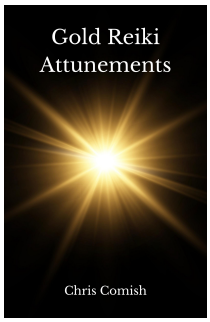

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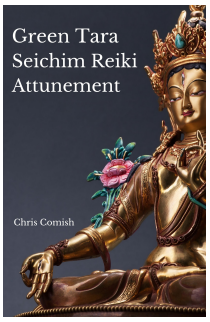

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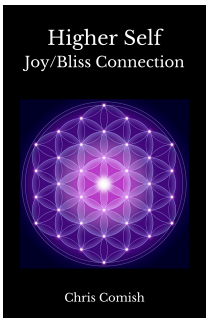

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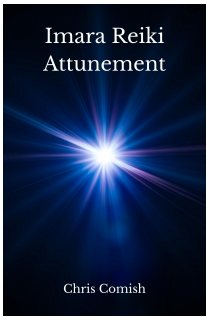

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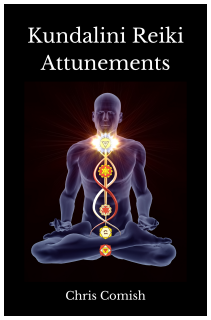

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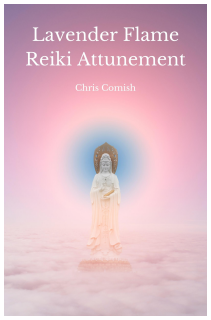

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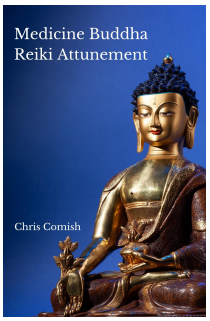

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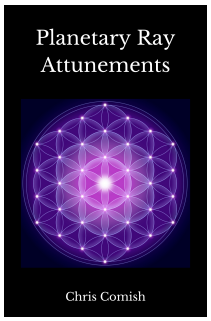

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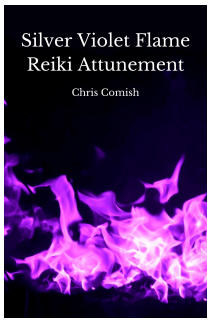

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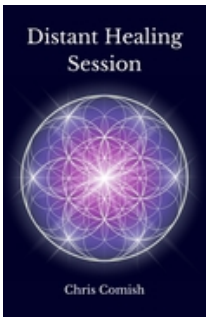

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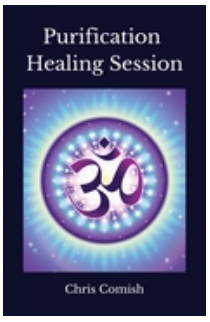

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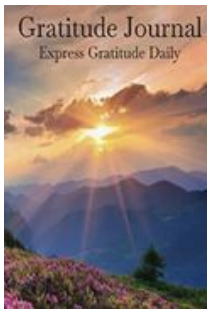

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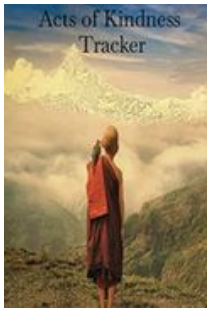

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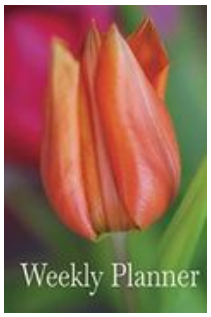

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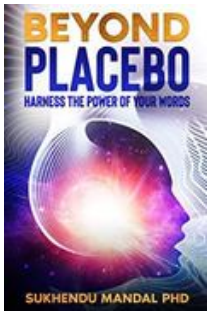

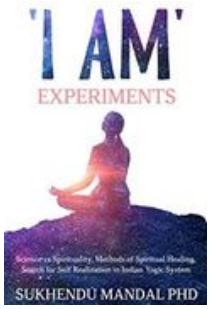

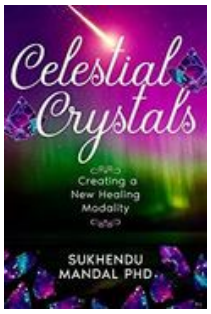

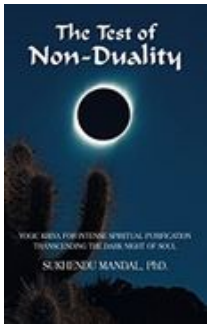

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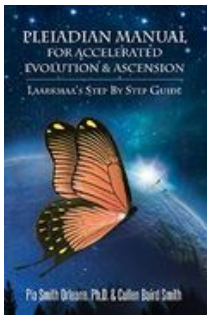
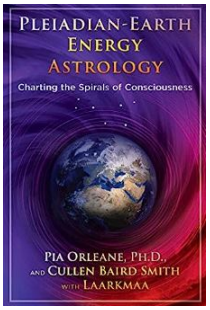
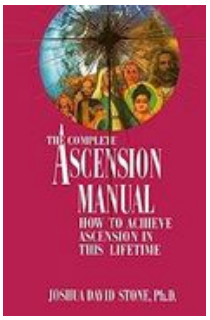
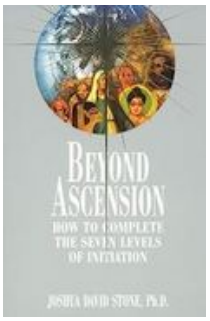
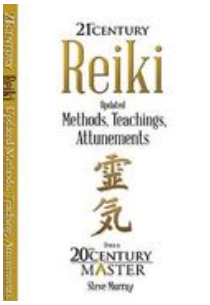


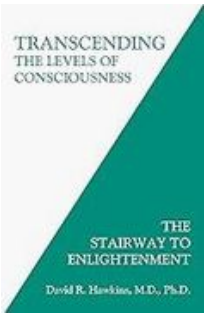

PLEIADIAN-EARTH
ENERGY
ASTROLOGY
Charting the Spirals of Consciousness
PIA ORLEANE, PH.D.,
AND CULLEN BAIRD SMITH
WITH LAARKMAA

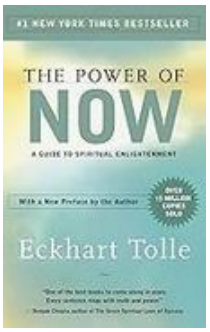

THE COMPLETE
ASCENSION
MANUAL
HOW TO ACHIEVE
ASCENSION IN
THIS LIFETIME
JOSHUA DAVID STONE, PH.D.

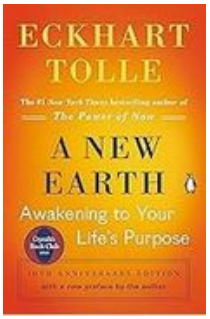

BEYOND
ASCENSION
HOW TO COMPLETE
THE SEVEN LEVELS
OF INITIATION
JOSHUA DAVID STONE, PH.D.


21CENTURY
Reiki
Updated
Methods, Teachings,
Attunements
霊
気
20TH CENTURY
MASTER
Steve Murray

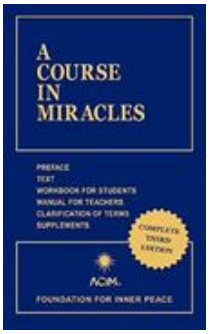
David R. Hawkins, M.D., Ph.D.
POWER
VS.
FORCE
The Hidden Determinants
of Human Behavior
Author's Official Authoritative Edition


TRANSCENDING
THE LEVELS OF
CONSCIOUSNESS
THE
STAIRWAY TO
ENLIGHTENMENT
David R. Hawkins, M.D., Ph.D.


#1 NEW YORK TIMES BESTSELLER
THE POWER OF
NOW
Eckhart Tolle


ECKHART
TOLLE
A NEW
EARTH
Awakening to Your
Life's Purpose

The
Jeshua


A
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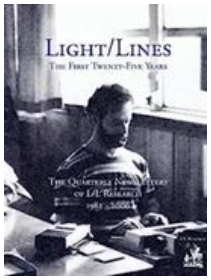
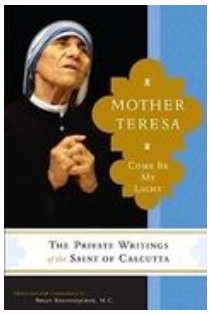
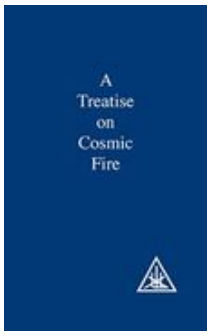
IN
MIRACLES
ACIM.
FOUNDATION FOR INNER PEACE

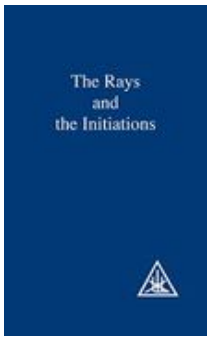

LIGHT/LINES
THE FIRST TWENTY-FIVE YEARS

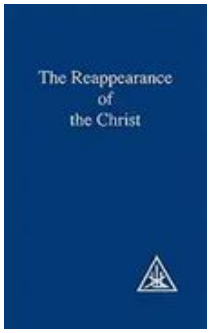
THE GENE KEYS
Embracing your higher purpose


MOTHER TERESA
COME BE MY LIGHT
THE PRIVATE WRITINGS OF THE SAINT OF CALCUTTA

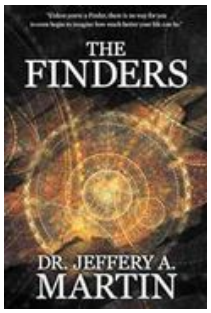
Initiation
Human and Solar

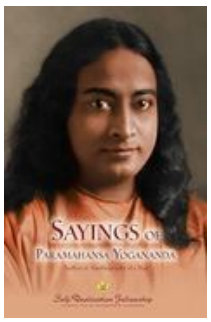

A
Treatise
on
Cosmic
Fire

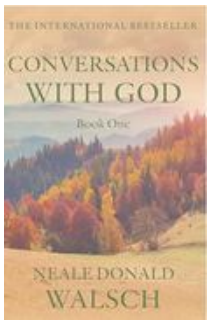

The Rays
and
the Initiations

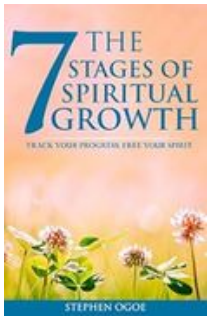

The Reappearance
of
the Christ

The
Externalisation
of the
Hierarchy

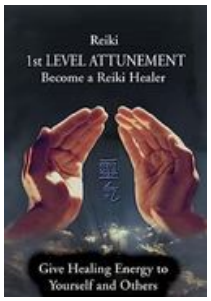

THE
FINDERS
DR. JEFFERY A.
MARTIN

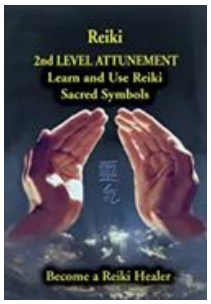

SAYINGS OF
PARAMAHANSA YOGANANDA

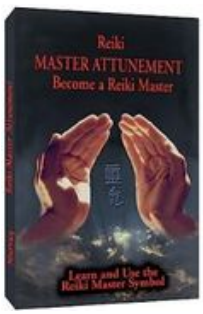

THE INTERNATIONAL BESTSELLER
CONVERSATIONS
WITH GOD
Book One
NEALE DONALD
WALSCH

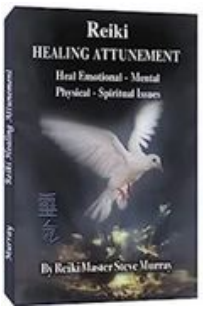


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Message to the Disciples

3 books by Chris Comish

Distant Healing Network

7 Refinements of the Physical Body

The Creator perceives itself

Monadic Embodiment

Healing Tool

Unified Chakra Meditation

The Cross and Fires

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Inner Planes

Request for Your Support: Reviews to Help Further ...

Embody the Monad

Ida Pingala Sushumna

Seven Initiations

Violet Fire

Give

Balance

Transparent Instrument

Monadic Mantra

Phrases that indicate Monadic Embodiment

Ascension Stages

Master

Students and Masters

Non-dual Statements

Non-dual

Monadic Merger

Mirrors

3 Stages of Ascension
Monadic Descent
Ray 3 Soul Ray 2 Oversoul
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